



Teriyaki Beef & Veggie Stir-Fry

with Garlic Rice & Peanuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Broccoli



Red Onion



Ginger



Teriyaki Sauce



Shredded Cabbage Mix



Beef Mince



Roasted Peanuts

Keep an eye out...
Due to recent sourcing challenges, we've replaced Asian greens with shredded cabbage, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Make a simple stir-fry a little more special by serving with mouth-watering garlic rice! Plus, using our delicious teriyaki sauce means you get a big helping of flavour with minimal effort. Enjoy your tasty and colourful creation!

Pantry items

Olive Oil, Butter, Brown Sugar (or Honey), Soy Sauce, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
broccoli	1 head	2 heads
red onion	1 (medium)	1 (large)
ginger	1 knob	2 knobs
teriyaki sauce	1 packet (65g)	1 packet (130g)
brown sugar* (or honey)	1 tbs	2 tbs
soy sauce*	2 tbs	¼ cup
rice wine vinegar*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
beef mince	1 packet	1 packet
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3082kJ (737Cal)	518kJ (124Cal)
Protein (g)	46.2g	7.8g
Fat, total (g)	22.3g	3.7g
- saturated (g)	8.7g	1.5g
Carbohydrate (g)	81.4g	13.7g
- sugars (g)	14.5g	2.4g
Sodium (mg)	1667mg	280mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a pinch of **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the beef

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it up with a spoon, until just browned, **4-5 minutes**.



Get prepped

While the rice is cooking, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **red onion**. Finely grate the **ginger**. In a small bowl, combine the **teriyaki sauce**, **brown sugar**, **soy sauce**, **rice wine vinegar**, **water (for the sauce)**, **ginger** and a pinch of **pepper**.



Bring it all together

Add the **teriyaki mixture** to the **beef** and stir to combine. Cook until slightly reduced, **1 minute**. Return the **veggies** to the pan and stir until heated through, **1 minute**. Season to taste.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **broccoli** and **onion** with a splash of **water** until tender and slightly charred, **6-8 minutes**. Add the **shredded cabbage mix** and the remaining **garlic** and cook until wilted and fragrant, **2-3 minutes**. Transfer to a bowl.



Serve up

Divide the garlic rice between bowls. Top with the teriyaki beef and veggie stir-fry. Garnish with the **roasted peanuts**.

Enjoy!